



24-hour weather Forecast

Mostly Cloudy

Winds: NW 15 - 20 Knots Hi: 59 Lo: 54

the Statesman

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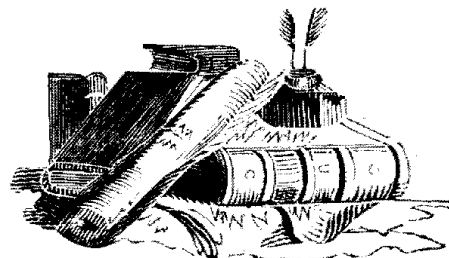
A DAILY NEWSPAPER FOR THE CREW OF USS JOHN C. STENNIS (CVN 74)

Kizzie earns \$5,000 USS John C. Stennis Family Scholarship

A National University student and wife of Aviation Boatswain Mate (Equipment) Second Class Andre Kizzie stationed on the USS JOHN C. STENNIS (CVN-74), is the first recipient of a \$5,000 scholarship created to honor the late John C. Stennis, a longtime Democratic senator from Mississippi.

Erica Kizzie of San Diego was selected as the first USS John C. Stennis Family Scholarship winner based on her academic record, commitment to public service and an essay she wrote about integrity, courage, commitment to duty and hard work, the principles that marked the life and career of Sen. Stennis.

The scholarship was created and awarded by the USS John C. Stennis Family Support Group and the Stennis Center for Public Service. The scholarship was open to all children and spouses of current and former JCS crewmembers. Kizzie received the spouse award, and Meredith Donegan received the \$5,000 student award. The scholarships may be used at the college or university of their choice.



Rex Buffington, executive director of the Stennis Center for Public Service in Starkville, Miss., said the winners embody the character and determination that Stennis displayed throughout decades of public service.

"Senator Stennis would have been proud of Meredith's and Erica's accomplishments and commitment to public service," Buffington said. "He believed in developing and encouraging leaders and once said that, 'the development of leadership is the greatest contribution one can make to the operation and improvement of our government.' We believe this scholarship allows us to encourage leadership in the spouses and children of the Stennis crew.

Buffington said Erica is pursuing a degree in human resource management and hopes to use her leadership skills to help others achieve their goals; Meredith plans to major in political science and work in public service.

"We are delighted to present these scholarships, and we hope the \$5,000 award helps Erica and Meredith reach their goals," he said.

Kizzie is currently attending National University and wants to use her scholarship toward gaining a B.B.A. with an emphasis in Human Resources Management.

In Kizzie's essay, she explained why the scholarship would help her.



ABE2 Andre Kizzie and his wife Erica Kizzie, winner of the annual John C. Stennis Family Scholarship Award. (photo courtesy of the Kizzie Family).

If you build it, they will come...

JCS "Mall" opening!

Before After



Marine and Restaurant Fabricators, Inc. transform the JCS "Mall" into an establishment that offers more variety, convenience, and space. (photo by JO2 Michael Ross)

**Hours of
Operation
Inport
0800 - 1200
M - F
Closed Sat &
Sun
Underway
0900 - 1830
1900 - 0500
Daily**



ETC Quinton Carson is thrilled by the range of choices that the new JCS Store has to offer. (photo by JO2 Michael Ross)

Ecstasy becomes agony for those who "experiment"

by JO1 Joseph Gunder

In the Navy, a lack of situational awareness can be deadly. Some over-the-counter medicines (cough medicines, painkillers) can decrease the edge military personnel need to tread the line between life and death. A drowsy hull technician working on a metal press could have a finger or two crushed. A boatswain's mate on a ship's forecandle might not be paying attention to the color of the anchor chain paying out of the locker, or turn the friction brake in the wrong direction, with disastrous results.

You get the idea. If an over-the-counter medication could perhaps lead to these kinds of

situations, imagine what a mind-altering drug like ecstasy could lead to. It has no accepted medicinal use for treatment in the United States. And it's illegal.

Ecstasy is a synthetic amphetamine drug, related chemically to methamphetamine compounds. It's also known by the street names "E," "X," and "XTC." It is often referred to as a "club drug" because it has been sold in nightclubs and rave parties. It's misperceived as a "safe drug" without the side effects of other rave drugs such as LSD, methamphetamines, heroin or PCP.

Ecstasy comes in pill form, about the size of an aspirin, or may

occur as a capsule or sold as a powder. Immediate effects include a sense of euphoria, energy and altered sensory perception. Then there are the side effects.

Current medical literature lists depression and panic disorders as some of the long-term effects. Acute short-term effects include water loss from sweating, high body temperature and loss of motor skills and judgment.

But drinking large amounts of water isn't a solution to the water loss problem caused by ecstasy abuse. A large intake of water to replace

SEE ECSTASY, PAGE 8

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SAILOR OF THE DAY



Honor

April 24, 2001

Commitment

Courage



Name: AN Jose Luis Castenada

Assigned to: Safety Department

Hometown: Bovina, TX

Reported Aboard: November 18, 1999

Job Description: "I am the departmental Yeoman for Safety Department."

Favorite Movie: The Exorcist.

Places Visited while in the Navy: Korea, Hong Kong, Malaysia, Jebel Ali, Bahrain, and Australia.

Reason for joining the Navy: "I was excited about the great education opportunities."

Most memorable event in career: "Being COD'd on and off the ship."

Hobbies: "Listening to music, surfing the net and cruising in my car."



SAILOR OF THE DAY



Honor

May 1, 2001

Commitment

Courage



Name: DKSA Noutchary Sakkakhanaune

Hometown: Fresno, CA.

Assigned to: Training Department

Reported aboard: July 8, 2000

Job description: "I am a travel clerk. I processes cost order and cost travel claims. I also work as the ship's liaison with SATO and other travel service providers."

Favorite movie: Gladiator

Places visited while in the Navy: San Diego and Mississippi

Reason for joining the Navy: "Education and travel."

Most memorable event in career: "My first day reporting to USS John C. Stennis."

Hobbies: "Playing pool, site seeing, video games and volleyball."

JCS TELEVISION

FRIDAY, MAY 11

KJCS



- 0000 Blazing Saddles
- 0130 The Dead Zone
- 0330 Saturday Night Fever
- 0530 Navy/Marine Corps News
- 0600 Evening Reports
- 0610 Major Leagues
- 0900 Get Carter
- 1100 Music Videos
- 1200 Spies Like Us
- 1400 Raging Bull
- 1630 Senseless
- 1800 Evening Reports
- 1810 Wild Things
- 2000 Almost Famous
- 2200 Small Time Crooks

KMOV



- 0000 The Parent Trap
- 0230 My Favorite Martian
- 0400 High Fidelity
- 0600 Evening Reports
- 0610 13th Warrior
- 0900 The Insider
- 1200 The Sixth Sense
- 1400 Armageddon
- 1630 Dinosaur
- 1800 Evening Reports
- 1810 Disney's The Kid
- 2000 Phenomenom
- 2230 Toy Story

ECSTASY (cont'd from page 2)

water loss from sweating and a higher body temperature can lead to a salt imbalance, and a trip to the emergency room.

This is a huge risk to one's health and safety for a drug "high." Why risk your health and safety, as well as the safety of others around you, to a drug that the Food and Drug Administration said has no medical treatment value, especially one that was produced in someone's basement?

No one in the Navy would trust their lives to somebody who wasn't at 100 percent efficiency because of some party drug. Everyone's job is too important to be compromised by drug abuse. When it comes to safety, staying away from ecstasy is a no-brainer.

The Department of Defense has been testing for "designer amphetamines" since 1997, and every sample that passes through the military testing laboratories gets screened for these types of drugs. More than 400 Navy and Marine Corps personnel were identified for ecstasy abuse in FY00.

The Navy and Marine Corps team has a "zero tolerance" policy for illegal drug use, and that includes ecstasy.

Don't let it turn into your agony. If you're doing it, stop. If someone else is doing it, report the individual. Don't

risk detection, punishment, or discharge under dishonorable or other than honorable conditions.

But don't just avoid it for those reasons, think of yourself and your shipmates. It's a matter of safety...their lives could be in your hands.



HAWAII
2001

HELP US TO HELP YOU. LET MWR HELP YOU HAVE FUN.

ISLAND TOUR, JCS CREW \$10/NON CREW \$15, PUNCHBOWL NATIONAL CEMETERY, DOLE PINEAPPLE PLANTATION, WAIMEA VALLEY FALLS.

REMEMBER: Ticket sales close four days prior to day of the event!
Purchase tickets at Aft Mess Decks
TODAY!!!

ESSAY (cont'd from page 1)

"As an adult student, there are many obstacles that I will be faced to overcome," Kizzie wrote. "My new career will give me the skills needed to encourage others to succeed."

The scholarship was created this year and will be awarded annually to dependents and spouses of JCS crewmembers. A selection committee made up of members of the USS John C. Stennis Family Support Group and the Stennis Center staff chooses the winners.

Sen. Stennis was known for his unwavering determination to improve the nation through public service. The Stennis Center for Public Service carries on his vision through leadership training for students, women and congressional

staff members. The center also works with the JCS to strengthen ties between the naval aircraft carrier and civilians.

"We have a wonderful relationship with the crew, and we are so proud of the men and women who serve on the carrier. This scholarship is a way to strengthen that relationship and show our support for the sacrifices these families make for our country," Buffington said.

"We are excited about this award and extremely proud of our first two recipients. Their commitment to a life of public service speaks for their character," Buffington added.